

February 2019

EC Caregiver Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
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4 10am: Caring Connection Support Group	5 1pm: Caregiver Time Out	6 10am: Diabetes Support	7 1pm: Alzheimer's Support	8 10:30am: Fairytale Reality (Finding Joy In The Everyday) 1pm: Afternoon Movie (Braveheart)
11 6:30pm: MS Support Group	12 1pm: Caregiver Time Out	13	14 1pm: Grief Support Group 1pm: Stroke Support Group	15
18	19 1pm: Caregiver Time Out	20 10:30am: Parkinson's Disease Support Group	21 1pm: Alzheimer's Support 1pm: Long Term Care Seminar	22
25	26 1pm: Caregiver Time Out	27	28 10am: Grandparents Raising Grandchildren	

Please call Holly Hight, Caregiver Specialist, at (919) 776-0501 ext. 2230 for more information regarding these programs or for further assistance.